

*Hi Scotty - so nice talking to you. (Gaulie)*

# M.E.S. AMIES

August, 1993

Last time we communicated was Christmas 1992, so I thought I should fill you in on some of the news which has come my way since that time.....

Had a telephone chat with JEAN FINCH SCHICK in Winnipeg when I was there visiting our son's family in June. I just had 3 days there en route home from Edmonton where I accompanied my sister to her 60th Anniversary of her "Normal School" Class of '33. Elaine is 6 years older than I am but my enjoyment was her enjoyment of the experience. I do have a very close friend there still who had just lost her husband, so the trip afforded me a few visits with her. But back to JEAN. She and Bill are well, but like many of us is going through the stressful experience of a son (with two small children) separating. It is tough. Many of us know that from personal experience. Jean keeps busy with company stopping over either going east or west (well I remember that when WE lived in Winnipeg), her golf, her church work. Like me she still enjoys swimming, but with two hip replacements, she has dropped curling and gym. Jean plans to attend the 52nd Anniversary of the CWAC in Calgary in June, and looks forward to meeting up again with 3 special friends who still correspond.

Was so pleased to hear recently (phone) from FLORENCE RILEY. She keeps busy in Orillia with her "practice", but in early May she was coming down to Bayview Centre for a special session which as I remember she called "Body & Soul". I had hoped she would have time for a visit, but unfortunately that was not the case. She sounds like a teenager on the phone, so her career must be agreeing with her. Best to you Flossie!

In January I heard from GWYN THOMPSON SHARPE. After our '92 Reunion she had played a lot of golf. "Walt" was head of the mens' golf and she was Co-Chairman of all mixed golf at their local club. In September they went to the Maritimes, the whole purpose of the trip (it seemed) was to meet up with old fishing friends and of course do lots of fishing. When they returned to Stittsville they went on "Goose Hunts", but in November and early December a trip to Bermuda, one of my favourite spots. After this their trip schedule took them to Myrtle Beach (a five day golf package) and by New Years they were in Florida in their condo for a 3 month stay. Her final paragraph I would like to quote: "When you get a second chance at life as I have, you certainly make the most of every opportunity to travel and enjoy life". Right on, GWYN.

ANN THOMPSON ROPER also wrote in January and was still wishing that she had been able to join us at the May Reunion in Toronto, but of course could not leave Alan who was especially ill at that time. They were able to spend 2 weeks in Hawaii in December (to include Maui) however, so that was a good sign. Ann has had her own health problems as well, so that trip in the heat would have been good for both of them. She brought me up on her "somewhat past"....after their 3 children were well on in Elementary School, she went back to part time substituting in Elementary School. She "did everything" from kindergarten to grade 7, and it soon became full time 5 days a week throughout Victoria ...often in 5 different grades in 5 different schools on 5 consecutive days of the week, so never a dull moment", but "early retirement" came in 1981 due to poor health. She sends her love to all of us in this letter.



MARY SHIRTON ANDRES says she isn't well at all....no appetite. But she's due for a doctor's appointment shortly. Hope he can find your problem, Mary. She had had a telephone call from FRAN KITCHEN MILLER not too long ago. Fran had come from Florida via Toronto area en route to Dartmouth for a visit with her sister, just as she had done following our reunion last year.

BARBARA HALLIDAY MACDONALD - on your behalf I inquired how her daughter was, and Barbara happily informed me that her June check-up was "ok", and that her next one is Sept. 16th. Barbara and d'Arcy were down from their cottage, leaving their daughter and family (with a new baby -- the MacDonald's 9th grandchild!) to enjoy their cottage. Barbara has a garden at the cottage and now in the city was busily making bread 'n butter pickles which she gives as Christmas gifts to many of her relatives. Barbara tells me that FLORENCE RILEY stayed with them when in Toronto on the trip I mentioned on page one.....she also tells me that she has seen some of Florence's paintings and they are really great! That gal is surely blessed with many talents!

You will remember (if you were at the Reunion in 1992) that RUTH SCOTTY PROPHET was suffering from a foot problem which turned out to be an Achilles Heel (Tendon) problem. It was really slowing her down, and she underwent surgery for it in September. It is slowly getting better...that is, she is walking much better, with only one small spot not as yet healed. Scotty tells me that she will soon become a grandmother again to a chosen baby girl being awarded to her son and wife. She will be helping out with the initial baby sitting at least.

LOIS CREIGHTON HARNISH, According to "Scotty" seemed to be much better this past winter in Florida. They are only 28 miles apart, but only saw one another twice. When they did, they had a lot of catching up to do, as you can imagine.

SCOTTY and I were once again remarking just how pleased ANN HUGHES BING obviously was that she was included in on our re-union last May. I had even forgotten (and intend to forget forever) that Ann had not graduated along with all of us. She has written both of us letters of appreciation of the fact. We're so glad she came!

FINALLY...in April I heard from JOHN BYL our adopted "Class of '42" "graduate" who wrote his doctorate (successfully) on The Margaret Eaton School. Many of you bought (at bare bones cost) his dissertation and I know, enjoyed it very much. Following the reunion he submitted the enclosed article to the CAHPER Journal. Most of the material comes from his dissertation, so will be familiar to some of you, but bears repeating. The article, John says, was especially timely since it was in 1933, 60 years ago, that the association's organizing meeting was held at MES.

That's all for now folks....but do drop me a short line, so that I can fill you in on many more of our fellow graduates the next time I sit behind my old "standard". Christmas time, perhaps????

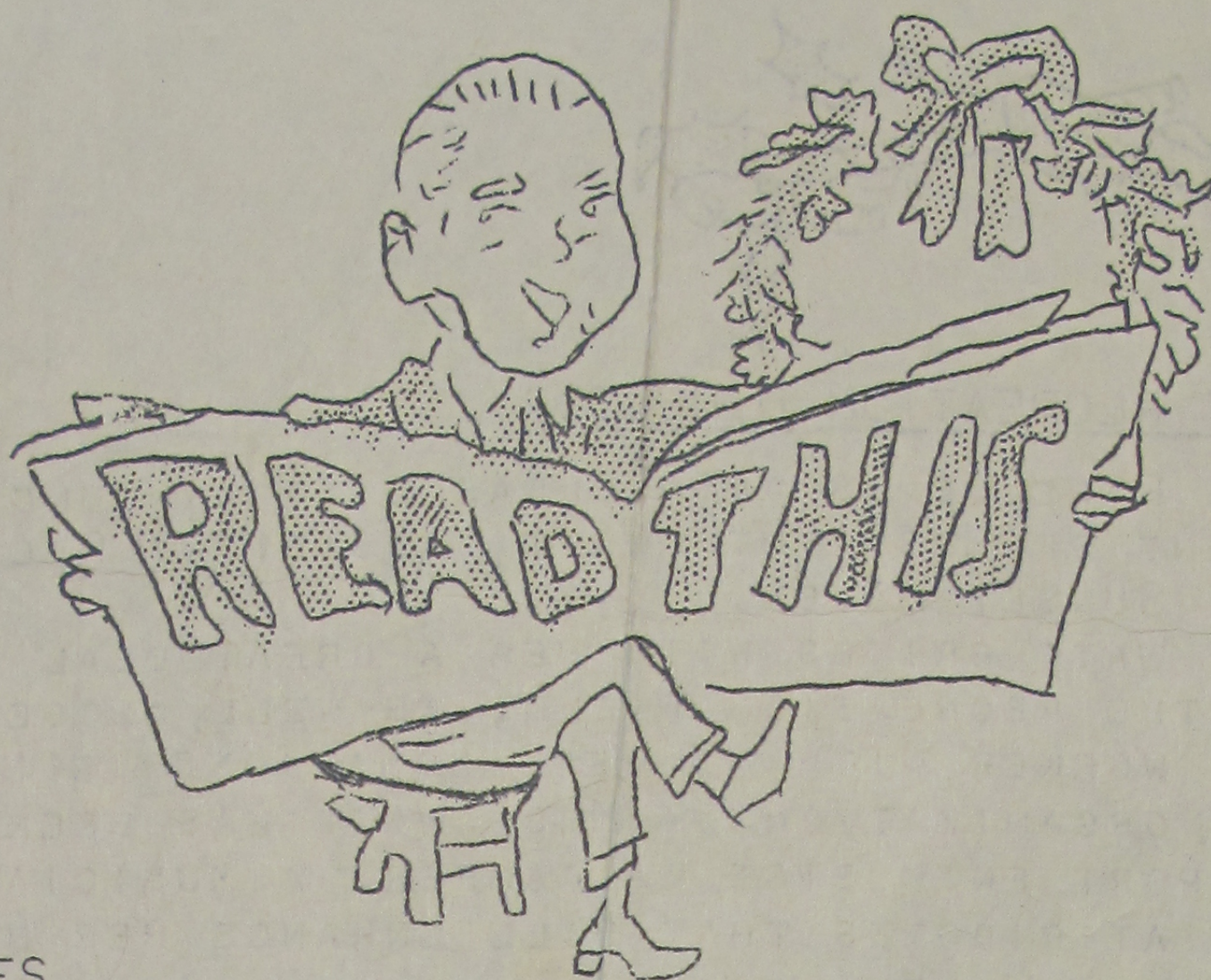
Afectionately,

*Pauline*









#### GET WELL WISHES

THIS MONTH WE EXTEND OUR GET WELL WISHES TO THE FOLLOWING MEMBERS OF THE NURSING STAFF - MRS. L. MICHASIOW, MR. J. JEFFERY AND MRS. M. LAWTON; OF THE KITCHEN STAFF MRS. J. DOLOMONT AND MRS. S. GRUHL; OF THE HOUSEKEEPING STAFF MRS. M. RICKEN, MRS. M. BISSION AND MRS. S. GEORGE. WE HOPE THAT ALL THESE PEOPLE WILL BE BETTER SOON.

WE ARE PLEASED TO WELCOME BACK TO THEIR DUTIES OF THE NURSING STAFF MRS. N. THOMPSON, MRS. M. LAWTON, MRS. L. BRADY, MRS. E. GARRARD AND MRS. M. DEWITT; MRS. J. CHAMBERS OF THE KITCHEN STAFF AND DOMINIC TROZZI OF THE MAINTENANCE DEPARTMENT.

#### OUR SINCERE SYMPATHY

WE EXTEND OUR SINCERE AND HEARTFELT SYMPATHY TO OUR FELLOW RESIDENT MRS. DOROTHY SPENCER IN THE DEATH OF HER DEAR MOTHER MRS. MAMIE WIRE OF DENVER COL.

OUR PRAYERS AND THOUGHTS ARE WITH MRS. SPENCER IN HER TIME OF SORROW.

#### NURSES AIDS HONOURED

MISS ELLA HONSBERGER, NURSES AID WHO TRANSFERRED TO DORCHESTER MANOR IN NIAGARA FALLS WAS HONOURED BY THE AIDS AND ORDERLIES AT A PARTY AT THE HOME OF MRS. SARA HUPPANAN. SHE WAS PRESENTED WITH A BED SPREAD AND MATCHING DRAPES FOR HER NEW APARTMENT.

ALSO AT THIS PARTY MRS. LOUISE CRYNICK WAS PRESENTED WITH THE MONEY COLLECTED WHILE SHE WAS ILL IN HONOUR OF HER MARRIAGE.

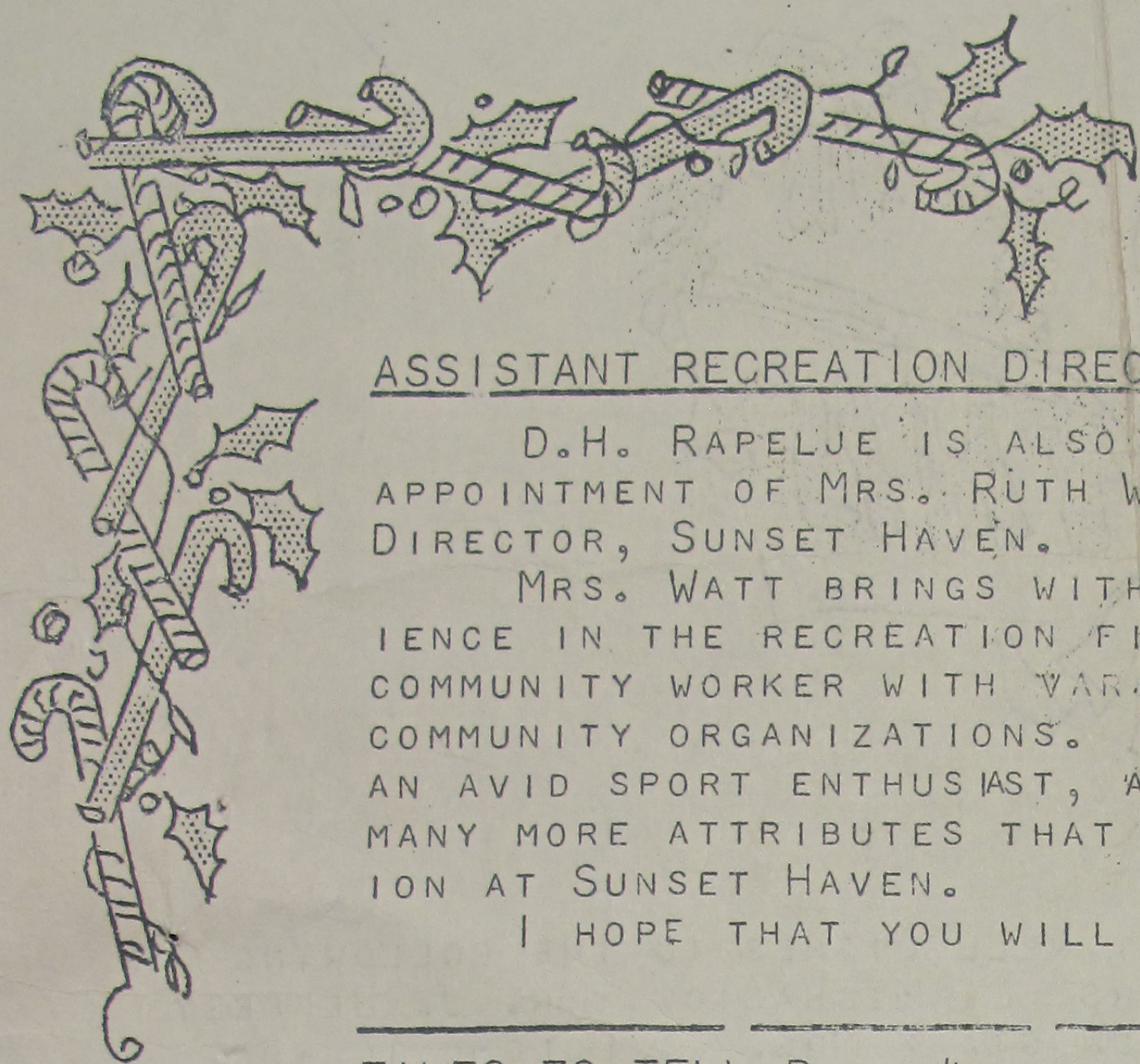
#### ASSISTANT ADMINISTRATORS TO BECOME ADMINISTRATORS

D.H. RAPELJE, DIRECTOR-REGIONAL ADMINISTRATOR IS PLEASED TO ANNOUNCE THE CHANGE OF TITLE FOR OUR THREE SENIOR ASSISTANT ADMINISTRATORS TO THE TITLE OF ADMINISTRATOR, EFFECTIVE DEC. 1ST, 1973.

MR. HARRY JOHNSON, LINHAVEN, MRS. DOROTHY MALE, NORTHLAND MANOR, MRS. JOSEPHINE BIRMINGHAM, DORCHESTER MANOR WILL ASSUME THE TITLE OF ADMINISTRATOR OF THE RESPECTIVE HOMES, GIVING RECOGNITION TO THEIR MANY YEARS OF DEVOTED SERVICE TO OUR REGIONAL HOMES FOR SENIOR CITIZENS AND TO GIVE RECOGNITION TO THEIR STATUS WITHIN THE INDIVIDUAL HOME.

ALSO, THE TITLE AT SUNSET HAVEN WILL BE CHANGED AT SOME FUTURE DATE.





1972

#### ASSISTANT RECREATION DIRECTOR

D.H. RAPELUE IS ALSO PLEASED TO ANNOUNCE THE APPOINTMENT OF MRS. RUTH WATT, ASSISTANT RECREATION DIRECTOR, SUNSET HAVEN.

MRS. WATT BRINGS WITH HER A GREAT DEAL OF EXPERIENCE IN THE RECREATION FIELD, AS WELL, A DEDICATED COMMUNITY WORKER WITH VARIED POSITIONS IN MANY COMMUNITY ORGANIZATIONS. MRS. WATT HAS BEEN A TEACHER, IS AN AVID SPORT ENTHUSIAST, A CAMPER, A MUSICIAN AND HAS MANY MORE ATTRIBUTES THAT WILL ENHANCE HER NEW POSITION AT SUNSET HAVEN.

I HOPE THAT YOU WILL ALL MAKE MRS. WATT WELCOME.

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#### TALES TO TELL PAGE 4

#### THURSDAY, NOVEMBER 22ND: (CONTINUED)

THE MUSIC MAKERS DID A WONDERFUL JOB AGAIN, AND THEIR NAMES SHOULD BE LISTED HERE ALSO. MRS. COLE AGAIN PLAYED THE PIANO, AND MRS. BETTY HENDERSON PLAYED THE ORGAN, WITH THE ADDITION OF THE PERCUSSION INSTRUMENTS PLAYED BY THE FOLLOWING: MADELINE ELLIS, AMELIA MYERS, PHYLLIS GREY, TED ROWDEN, WALTER COLE AND NELSON WASHBURN.

THE MASTER OF CEREMONIES FOR THE EVENING, WAS GEORGE BANKS SR. WHO ALSO WAS THE "READER" FOR OUR SKIT. ONCE AGAIN GEORGE DID US A TREMENDOUS FAVOUR IN ASSISTING WITH THE PROGRAMME. WE EXTEND A HEARTY "THANK YOU" TO HIM, AND ALSO TO MRS. BANKS AND MISS BARBARA SNELLING, AND ALL OTHERS WHO HELPED DURING THE EVENING.

A DELICIOUS LUNCH OF MANY KINDS OF SANDWICHES AND CAKES WERE SERVED TO THE MEMBERS AND GUESTS. OUR RESIDENTS ENJOYED THE EVENING IMMENSELY, AND WERE VERY GLAD THEY WENT.

FRIDAY, NOVEMBER 23RD: MEMBERS OF THE UNITED BRETHREN CHURCH FROM STEVENSVILLE CAME THIS EVENING AND CONDUCTED OUR MONTHLY CHRISTAIN MENS FELLOWSHIP HOUR. MR. CARMEN SAUER WAS THE MASTER OF CEREMONIES, WHILE OLIVER BENNER PRESIDED AT THE PIANO, AS A NUMBER OF HYMNS WERE SUNG THROUGHOUT THE SERVICE. PRAYER WAS OFFERED BY MRS. WILFRED HOUSE AND THE SOLOS "WHEN I GET TO THE END OF THE WAY" AND "THE PEARLEY GATES WILL OPEN" WERE RENDERED BY MRS. ROSELIE NOYES. "THE OLDER PERSONS' MISSION IN LIFE" WAS THE THEME OF THE INSPIRING MESSAGE GIVEN BY MRS. CARMEN SAUER.

TUESDAY, NOVEMBER 27th: LEE EVANS, HIS ORCHESTRA AND THE ARTISTS WHO PERFORMED AT THE COMMUNITY CONCERT HELD THIS EVENING AT THE CENTENNIAL SECONDARY SCHOOL. A NUMBER OF US HAD THE PRIVILEGE OF HEARING THIS OUTSTANDING INSTRUMENTAL AND VOCAL GROUP AS THEY RENDERED A WIDE SELECTION OF PIECES. THESE INCLUDED SOME OF MR. EVANS OWN ARRANGEMENTS, AGAIN WE THANK THOSE WHO DONATED THE TICKETS AND THOSE WHO ACCOMPANIED US.



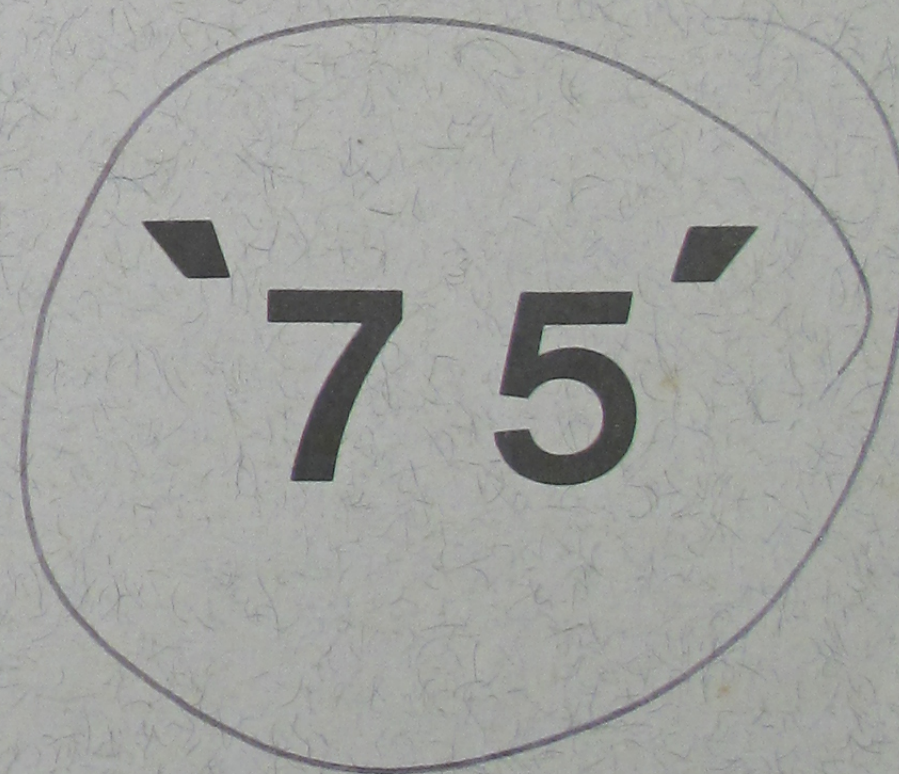
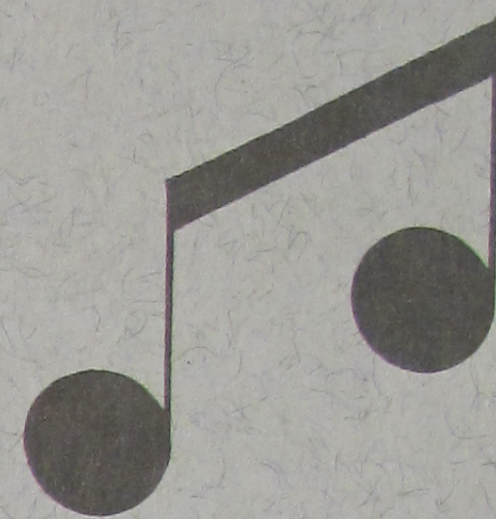
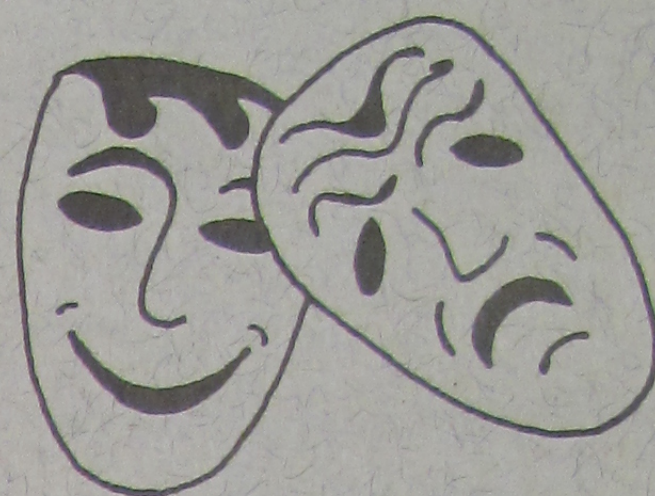
Regional Niagara Homes  
For  
Senior Citizens

Presents

**musical**

**review**

*Pete Watt*



Programme

REGIONAL







# OUR Production Staff

Director & Choriographer: Mr. Dennis Williams

Production & Stage Manager: Mrs. Anne Berrie

Properties: Mrs. Diane Beaulieu

Costume Co-ordinator: Miss Ann-Marie Valarie

Set & Scenery Co-ordinator: Mrs. Ruth Watt

Make-up: Mrs. Thelma Mitchison

Hair styles by: Krim of Northland Manor

Pianist and Organist: Mrs. Shirley Webster

Mrs. Dorothy Goman

Mr. Steven Boda

Drummer: Mr. Max Russel

Publicity, Programmes & Tickets: Mrs. Pat Grice

Moderator: Mrs. Gloria Rysdale

Promptor: Mrs. A. Spikesman and Mrs. May Woods

Patrons Night: Miss Brenda Mino and Vickie Miller

Set Assistants, Stage Hands, Make-up Assistants, Costume Assistants, Properties, Ticket Sales, Ushers:

All Auxiliaries, Auxiliary Husbands, Volunteers, Staff of all Departments, and Community people have all contributed to the above mentioned.

..... A VERY WARM THANK YOU .....





DIRECTOR &  
CHOREOGRAPHER  
DENNIS WILLIAMS



RUTH WATT, SET AND SCENERY



DIANE BEAULIEU, PROPS



ANNE-MARIE, COSTUME



THELMA and MAKE-UP STAFF



SHIRLEY WEBSTER, STEVEN BODA,  
DOROTHY GOMAN, MUSIC



1. Standing position - feet together - touch toes 5 times.
2. Standing position - feet astride - touch right - then left toe with both hands.
3. Long sitting position - feet astride - touch right then left sole with both hands.
4. Long sitting Position - feet together - touch head to knees.
5. Back lying position - sit up with out lifting feet from floor.
6. Front lying position - lift arms, head, shoulders, chest and legs as high as possible. Hold for 3 seconds.
7. Front lying position - Do 3 acceptable push-ups.
8. Front lying position - hands under shoulders - palms flat on floor. Touch chin to floor in front of hands, forehead to floor behind hands.
9. Standing Position - slide to split position with first right then left , leg forward.
10. Do scissor jumps alternating with 2 bob jumps.
11. Do astride jumps alternating with 2 bob jumps.
12. Squat Position - feet together - knees bent - sit on heels - finger tips touch floor - jump up to feet astride, swing arms overhead in mid-air - return directly to starting position on landing.





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